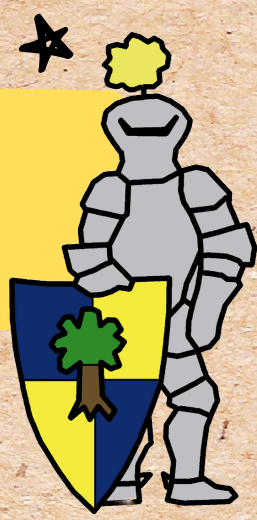


Independence



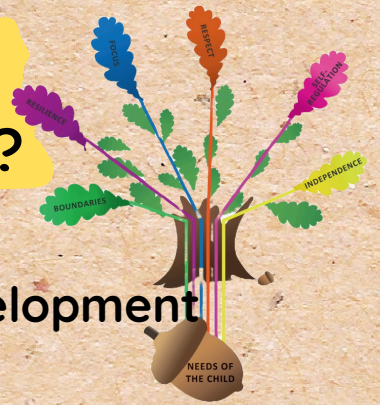
Why is it important?

Independence is a complex concept that means different things to different people. For children, independence is about feeling like they have control over their own lives. It means being able to make their own decisions, solve their own problems, and take care of themselves. Independence also means being able to trust themselves and their abilities.

When children feel independent, they feel confident and capable. They are more likely to try new things, take risks, and persevere in the face of challenges. They are also more likely to be happy!

When we allow children to undertake tasks themselves, even if they aren't executed perfectly, we extend to them an invitation to learn and evolve. We convey our belief in their capabilities and our trust in their capacity to grow.

What sort of targets will Knightwood children be working on?



As always the targets will be matched to the development stage of the children, but may include things like:

- I can start and complete my learning on my own
- I can follow simple routines and instructions
- I know when I need help
- I can learn from my mistakes

How can parents help at home?

Here are some ideas for you to try at home to help your child be independent:

- Encourage your child and praise them when they try to do things for themselves
- Give the child time and respond positively to failure
- Make a weekly visual schedule of activities so your child can see what they are doing and on what day
- Tidying up their toys. Put labels on toy boxes so your child can put their toys and resources back in the right place
- Set small independent challenges. Can you tie your own shoe laces? Can you do up your zip?
- Give rewards for getting dressed independently, getting their shoes and coat on, packing their own school bag.
- Let your child choose what they would like to wear at the weekend? Is it suitable for the weather?
- Try not to do things for your children that they can do themselves, even if you are in a hurry!

